

THE FLYER



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Salisbury University's Student Voice

February 27, 2006

Morris speaks to bicultural students

By Kevin Banks

Staff Writer

Dr. Edward Morris addressed SU's Union of African American Students last Monday and discussed the differences between stereotypes and facts about race and racial thoughts, including his own personal experiences with diversity and racism.

"I thought that was the most sense I've heard anyone talked in a while because I had to grow up with a lot of that," said junior Jazz Baker. "It's interesting to hear someone speak in that context. He doesn't deny race but he kind of points out to us that we should look at each other as humans."

"I am you; I am no different from you. I have a soul just like you," Morris said. He began with his personal experience of growing up in North Philadelphia. According to him, the world in which he lived was nothing more than "black or white." "It was not multicultural as it is today. "If you had 1/25 black in your family, then you were considered black. But what about Asians or Hispanics or Bi-racial individuals?" said Morris.

Morris discussed the dissonant practices that exist within society. Morris said that what was frequently acceptable wasn't always legal. In college, although he considered himself a "sensitive nerd," he knew in the bottom of his heart that something wasn't quite right in a society that caused disparity based on the identified skin color. In his opinion, there were no role models in close proximity with whom he could explore these difficult feelings and perceptions. "Many people were either too angry or too confused to talk about these issues," Morris said.

Students listened as he introduced them to new ideas. "If you let people tell you who you are, you limit yourself to their expectations and stereotypes," Morris said. "We truly do live in a multicultural nation; don't allow people define you based on their myopic views of life" Morris said. He pointed out that we, as bi-cultural individuals stand on the shoulders of our diverse forefathers.

He concluded that anger and ignorance are two of the most dangerous expressions that imprison our minds as individuals. "As long as we are ruled by these two expressions, we will continue to be bounded by a status quo that has a vested interest in experiencing our bi-culturality within a multicultural society," Morris said.

"I thought he was a good speaker. He made a lot of profound statements that many people may have not considered," said junior Andrea Lynn.

"One reason people have issues with race and continually ask 'what are you' is because they don't understand themselves," said junior Ish Clayborne. "Understanding humanity comes from within. Even nature has variety; understand it and grow."



Photos by Laura Emmons/The Flyer

Students take part in a Junaa Muslim prayer during Friday's prayer vigil for world peace and Jill Carroll.

MSA holds vigil for Carroll; world peace

By Sean Gossard

Staff Writer

This past Friday the Muslim Student Association sponsored a silent prayer vigil for world peace and Jill Carroll, the American reporter kidnapped in Baghdad.

"We decided to hold a vigil for her now because her captors have stated unless their demands are met they will kill her Sunday," said Tammy Gharbi, advisor to the Muslim Student Association.

A group called The Brigade of Vengeance has

been identified as responsible for her kidnapping and is demanding that the United States frees all female Iraqi prisoners from prison camps.

At the vigil participants were asked to place their own personal prayers, regardless of religious affiliation, on a wall. This act was to show a unity of all the religions and their common goal of world peace. The messages on the wall included words to Jill Carroll along with prayers hoping for her safe return.

"I feel that it is important for everyone to

show their support for Jill Carroll and make sure that she is in all of our hearts and prayers so that she can be returned safely to her family," said Gharbi.

"This vigil is also to send out a message of world peace because it is a goal of all religions and its good to show our support and unity in such a difficult time," said Anisa Gharbi, a student at Parkside High School.

Although the event was sponsored by the Muslim Student Association members of all religious denominations were encouraged to

attend to show their support and say a silent prayer.

"I'm really excited to see members from different denominations coming and praying for Jill Carroll and for world peace," said Anisa Gharbi.

The Muslim Student Association holds weekly prayers every Friday in the Spiritual Center on the second floor of the Guerrieri University Center.

Social work department hosts workshop



By Abby Smith

News Editor

In keeping with a commitment to provide educational programs to students and area professionals, the social work, psychology, and nursing departments co-sponsored this past Friday's "Evaluation and Treatment of Sexual Dysfunctions" workshop. "The social work department has consciously gradually developed continuing education programs," said social work Department Chair Dr. Marvin Tossey in his opening address to the audience. Professor of social work and chair of the continuing education committee, Dr. James Forte said that the main goal of the continuing education committee is to reach as many local human service professionals as possible. "The primary audience is practitioners and psychologists in the tri-county region," said Forte.

Presenting at the workshop was Dr. S. Michael Plaut of the University of Maryland School of Medicine. In addition to having his own private practice for couples' sex

therapy, Plaut is licensed as a sex educator and psychologist, is an associate professor and Assistant Dean for Student Affairs at UMD, and works with ethics boards of social work, psychology, and medicine, where he works with practitioners who have been sanctioned for unethical practices. Plaut's presentation at SU addressed the importance of therapists and clinicians discussing sexuality with their clients.

"Sexuality is an important issue for all of us and yet people don't feel comfortable talking about these things when they are concerned," said Plaut.

The Eastern Shore lacks sex therapists or even general therapists who are willing to discuss issues of sexual dysfunction. Plaut related a story in which a patient from Peninsula Regional Medical Center in Salisbury was referred to his office in Baltimore for sex therapy. Having practitioners and students attend this and similar workshops is "...more important in a community like this because there are few spe-

cialists around," said Plaut. "Hospitals often don't ask patients about that very important topic of their lives."

The workshop was open to area practitioners and therapists in the human service fields as well as students from SU and UMES. "It's something that's not really offered," said Michelle Adkins from the Worcester County Health Department of the workshop. "Most people are embarrassed and are not really comfortable addressing these issues."

This workshop was one in a series planned for this semester. Subjects for future workshops include dealing with ethical dilemmas and mental health. For more information on upcoming workshops, contact the social work office at (410) 543-6305.

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News briefs

TEXAS HOLD 'EM TOURNAMENT

A Texas Hold 'Em poker tournament will be held on March 4 from 2 p.m. - 7 p.m. in the Nanticoke Room on the second floor of the Guerrieri Center. Participants have a chance to knock out some of SU's best poker players. The entry fee is \$7 for SU students before March 1 and \$10 on game day. Visit the Information Desk in the Guerrieri Center to sign up and see rules and details.

SENIORS: CAP & GOWN

Order them at the bookstore March 8-9, 9 a.m.-6 p.m. and March 10, 9 a.m.-4 p.m.: Grad Fair Ordering Session - Place orders for nursing pins, caps and gowns. (Note: There is no charge for caps and gowns. A representative is available for custom cap/gown fitting.) Students may also order announcements, diploma frames and rings at this time. For questions once you have placed your order, call the following numbers: For announcements, frames and rings: 1-877-GRAD123; for all other questions: 410-543-6390. Note: The last day to order caps and gowns is Friday, March 17. Please check the commencement web site often for updates: www.salisbury.edu/commencement

ATTN '06-'07 FINANCIAL AID APPLICANTS

Starting with the 2006-2007 award year, all Missing Information Letters and Financial Aid Award Notifications will be sent via GroupWise e-mail. Notifications will no longer be sent by U.S. mail.

NURSING SCHOLARSHIPS

The Department of Nursing announces the following nursing scholarships for the 2006-2007 academic year: Avery W. Hall, Virginia Mills Edwards, Garland D. and Vivian J. Bull, Marilyn Seidel, Geriatric Nursing, Margaret Johnson Elmore, and the Sigma Theta Tau International Nursing Honor Society undergraduate scholarships. These scholarships are available to current sophomores who are accepted to begin the junior nursing core curriculum in fall 2006, current first- and second-degree, junior-level nursing majors, as well as RN students.

Salisbury, Fruitland see increased heroin use

By Sarah Lake
Staff Writer

According to a February 14 email sent to students and faculty members, the past few months have seen an increase in the sale of heroin and related paraphernalia in the Salisbury and Fruitland areas.

"Since December 2005, local law enforcement agencies have investigated five cases involving drug overdoses," said University Chief of Police Edwin Lashley said in the e-mail. "Four of those have specifically involved the use of heroin."

One case resulted in the death of the victim. In the remaining three cases, the individuals were found in critical condition; they recovered following emergency treatment.

Currently, Salisbury University is not thought of as having a heroin problem. "I sent the email as I do in all cases where public safety may be compromised," said Lashley.

"The only concern that one should have is if they were using this type of drug, and being aware that people that use these drugs may resort to other crimes to support their usage."

The e-mail also contained a link to the U.S. Drug Enforcement Administration (DEA) Website, which provides basic facts on all illegal drugs. According to the website, most illicit heroin varies in color from white to dark brown. "Black tar" heroin is sticky like roofing tar or hard like coal, and its

**FRIDAY,
MARCH 3**
**Dinner Served at
5:30 p.m.**
**In The Worcester
Room**
Mock Sangria
Chilled Garlic Soup
**Moroccan Zucchini
Salad On Baby Greens**
**Tropical Fruit Ice
Intemego**
**Peppers Stuffed
with Portobello
Mushrooms,**
**Asparagus, Spinach &
Brown Rice
with Roasted
Tomatillo Salsa**
**Garlic
Potatoes**
**Poached Fruit—
Seville Style**
**Dates Stuffed with
Spanish Marzipan**

VEGAN CANDLELIGHT DINNER A NIGHT IN THE GARDENS OF SPAIN

Reservations are required and seating is limited. Sign up at the Office of the University Dietitian (Commons Bldg. Room 100) or call the UDS main office at 410-543-6105.

Kingsley speaks on Dahur crisis

By Roger Follebout
Staff Writer

On Feb. 20 Amnesty International offered students the opportunity to hear a first hand account of the current crisis in South Darfur, Sudan. Sharing her experiences was Joanne Kingsley, a former protection officer who was stationed inside Darfur for nine months. Hoping to persuade a larger grass root demand for increased American relief efforts, Kingsley has been speaking on college campuses across the country.

A country in the middle of a war, the majority of the population has been chased out of their homes in efforts to organize, feed, and shelter ousted Darfuris, non-governmental agencies have been setting up camps inside the country's borders. Outside the camp's walls, the World Health Organization has estimated 71,000 deaths due to starvation and disease. "Seeing what happened to those innocent people everyday makes me hope American intervention is soon down the road," said Kingsley.

"There is not a better way to educate on human rights than to offer this kind of testimony," said Zach Haney, the president of Salisbury University's chapter of Amnesty International. Haney was very pleased with the outcome and impact of Kingsley's presentation. Amnesty, who urges to think globally and act locally, will continue to bring speakers on human rights throughout the semester.

Students wishing to learn more on the Darfur conflict can visit www.savedarfur.org. Those wishing to participate physically can show support by attending the "Rally to Stop Genocide" in Washington D.C. on April 30. Interests concerning Amnesty International can be directed to Dr. Michael O'Loughlin at moloughlin@salisbury.edu.

Crime beat

2/16/06 - 2/17/06

10:30 PM - 2:15 p.m.
Theft- An employee reported a floor mat was stolen from the University Center first floor.

2/17/06 9:50 p.m.

Alcohol Violation- A student was found to be in possession of alcoholic beverages in the St. Martin Parking Lot. The student is underage and was issued a civil citation.

2/17/06 10:35 p.m.

Alcohol Violation- Two students were found to be in possession of alcoholic beverages in Wicomico Hall. The students are underage and were issued civil citations.

2/19/06 1:51 a.m.

Disorderly Conduct- An employee reported that a student had urinated on the Wicomico Hall front door. The student was identified. Criminal charges and university judicial charges pending.

2/19/06 1:30 a.m.-12:00 p.m.
Theft- An employee reported a chair had been stolen from the University Center near the Information Desk.

Do you have something to say? Something you want people to be aware of? Send it to us! email your ideas to flyer@salisbury.edu

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THE FLYER FEBRUARY 27, 2006

EDITORIAL

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Overheard: What competition would you put in the Olympics?

Photos and article by: Kyle Sherman



Golf - Because it is an international sport and should be portrayed in the Olympics.

-Eric Dolgenas, senior



Asshole - Because there currently aren't any drinking games in the Olympics.

-Jessica Peery, junior



NASCAR - Because it's the most watched sports in the United States.

-Tim Shelton, junior



Ultimate Frisbee - It's the combination of lots of sports.

-Wayne Gleason, senior



Wakeboarding - Other extreme sports are making their way to the Olympics.

-Jon Julian, sophomore



Football - We should give our football stars a chance go international. -Herbert Schoolfield, staff

~SUDOKU~ The Rules of Sudoku

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

7	4		
6	5	9	
3			1
2	8	6	
9			3
	5	1	4
8	4	7	5
	6	7	2

Letter to the Editor

The Vagina Monologues inspire and empower student

I remember the first time I read Eve Ensler's "Vagina Monologues." It was different from anything I had ever read before. It shocked me, made me laugh, and most of all, made me aware of women's issues. When I first performed in the "Vagina Monologues" last year, I admit I was apprehensive about my father coming to the show. Did I really want him listening to me talk about vaginas...on stage?

As I delved into the script, practicing my lines over and over, I grew passionate about the true message of the monologues. The beauty of each piece lies in the voices of the

women who speak them. The stories tell of abuse, self-discovery, embarrassment, and above all, extreme admiration. It truly became important to me to have my father come to the show. I wanted him to celebrate my womanhood in the audience, along with the rest of my family.

In today's world, with our busy day-to-day lives, we sometimes forget the courageous female leaders in history. Without them, girls would still not be allowed to vote, go to school, or even become published authors. With the upcoming 4th annual production of the "Vagina

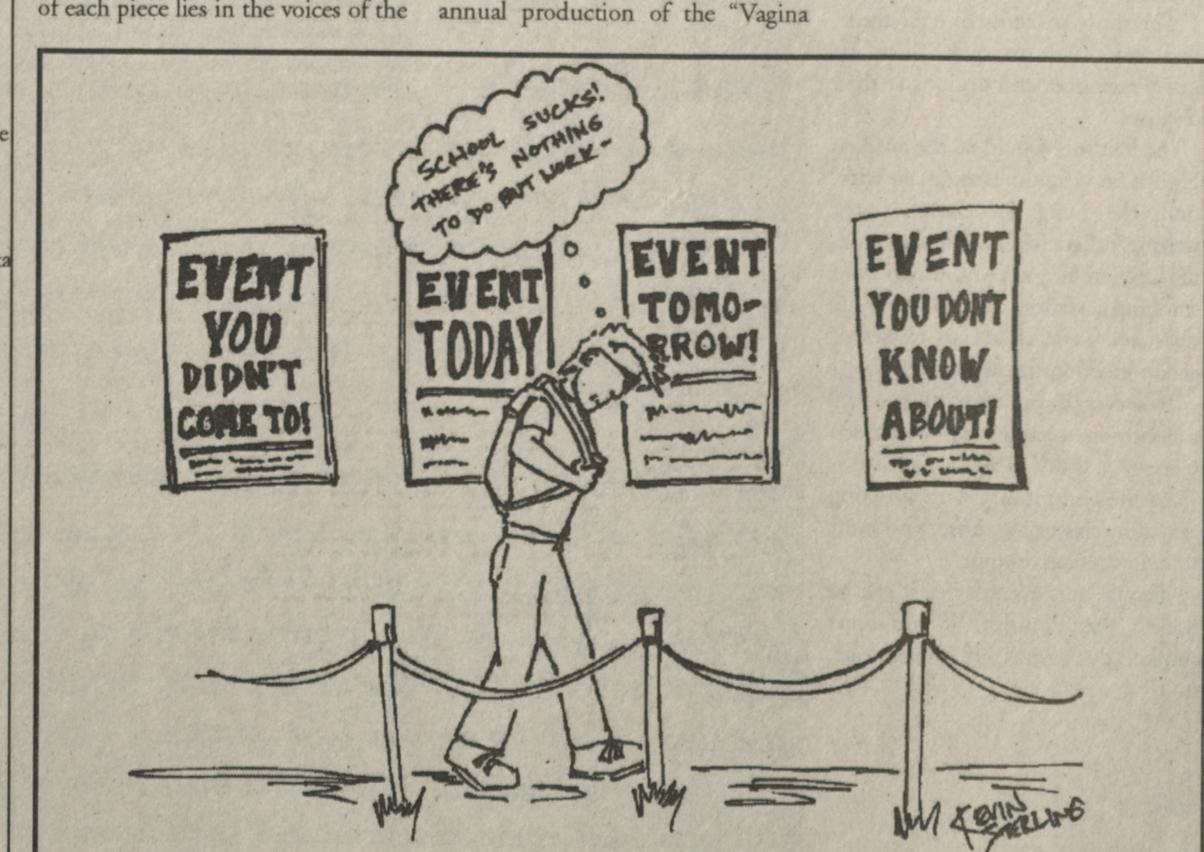
Monologues," kicking off Women's History Month, I hope people can be reminded of the importance of women, both past and present.

-Erika Mitry, junior

The Vagina Monologues will be performed March 2, 3 and 4 in the Wicomico Room in the Guerrieri Center at Salisbury University. The doors open at 7:00 p.m. and the show starts at 7:30 p.m. We will be accepting donations and used cell phones. All proceeds benefit the Women's Life Crisis Center.

Solution to last week's sudoku puzzle

6	3	7	9	1	4	8	5	9
1	4	2	5	8	2	7	6	3
8	5	9	6	7	3	4	2	1
4	2	5	3	6	7	9	1	8
7	6	3	8	9	1	2	4	5
9	1	8	2	4	5	3	7	6
5	7	4	1	3	9	6	8	2
3	8	1	7	2	6	5	9	4
2	9	6	4	5	8	1	3	7



LIFE & STYLE

February 27, 2006

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Faculty Spotlight

CMAT professor works behind the scenes

By Erica Tindale
Staff Writer

For the past 22 years, Gerald Potts has not only been a communications professor at Salisbury, he has also been sharing his vision and talent as the scenic designer for the university theatre. His work and dedication behind the scenes have created the sets for countless productions including "Sweeney Todd," "Flambe," "Mother Courage," and "Antigone."

What began your passion for scenery design? Undergrad school. I went to SUNY Fredonia, and it was because of a wonderful mentor who really became a role model for me. People don't realize the preparation, thought and concepts that go into it. Once you get into it, theatre is very addictive. I'm still fascinated with it after all these years.

How long have you been working with scenery design? I've been doing it here since 1984.

before that I was at Fordham University in New York. I did some Broadway and television work. I did a lot of soap operas.

How do you go about building a set?

You will have to start with a script, and collaborating with the director is the most important thing of all. You have to come up with a concept. I do scale models of all of the plays.

The scale models serve as a tool for three things; for me to determine what's going to look like, to show the director, and to make sure it's able to fit into the space. One of the best compliments I got was from a director who said just from looking at my model he was able to block the whole show.

What set are you proudest of? "Hamlet," because I was able to see the scenic metaphor from beginning to end. I was struck by an image of the aftermath of 9/11. I presented a concept board to the director with pictures of the two towers from

for the arts. It's the perfect location for the growth of a program. What I'd like to see is an actual theatre department that is separate from communication arts.

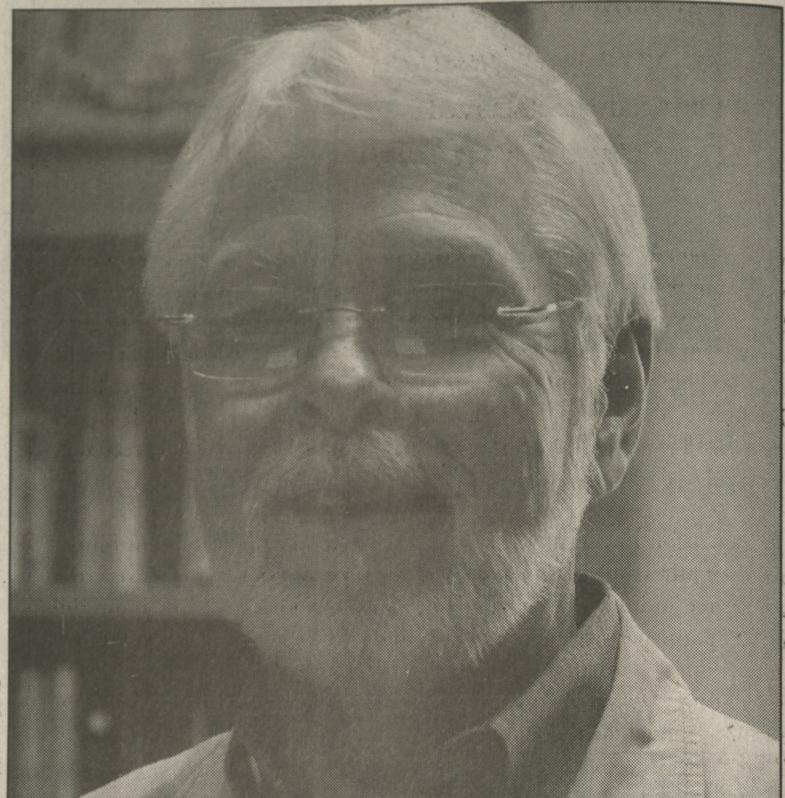
What are you involved in outside of teaching?

I'm doing recruiting for the theatre department. I go out to Maryland, high school theatre festivals and audition students for potential scholarships. Places like Towson, Frostburg and other institutions have done this for years. It's the first time Salisbury has been a presence.

We need a growth in students. The key to that is scholarships and facilities. We need a donor to step forward for a fine arts center on campus.

If you could give students one piece of advice, what would it be?

Dedication and focus. You have to love it. Don't expect it to just come to you, because you're going to be working. The only way to learn the art is to work in it.



Chris Baum/The Flyer

Clouds of smoke surround SU campus

Second-hand smoke proves to be a problem to non-smoking community

By Rachel Lopez
Staff Writer

Walking around SU's campus, you are likely to see students talking to their friends, walking in groups toward the commons to get a bite to eat, chit-chatting with their loved ones back home on their cell phones, or on their way back to their dorm rooms, hoping to catch a nap before that next class.

All these things are common occurrences on campus, yet the most recognizable sight is the student withstanding the bitter cold just to get a few satisfying drags of their cigarette.

It is no secret that SU has a large smoking population. Many have inhaled the unwelcoming smoke as they are walking to their classes and dorm rooms.

"It seems like every third person smokes and it's irritating, especially when I have to walk through the smoke."

Tiffany Jordan
Sophomore

SU's policy clearly states that students who choose to smoke must do so 20 feet away from the buildings to avoid smoke filtering into open windows and ventilation systems.

Sophomore Alison Miller says, "I have heard professors tell students you should be 20 feet from the building, but the students just gawk at them. Professors shouldn't have to be the ones trying to enforce this—it should be security. It's a matter of student health."

Even smokers agree that the 20 foot rule is good; yet they choose not to exercise it when the time comes. An anonymous smoker said, "I first tried smoking socially in my early teens, and I know it's too late because I am addicted." It really is only a matter of time before the addictive nature of nicotine takes over.

And more than half of these "social smokers" are females.

Even so, Phillips says, "Smoking is the number one cause of preventable death in the United States and lung cancer had now surpassed breast cancer as the number one cause of death among women."

Tobacco smoke contains nicotine, a drug that is addictive and can make it very hard, but not impossible to quit. The nicotine in a cigarette is truly addictive because when taken in small amounts, nicotine creates pleasant feelings that make the smoker want to smoke more.

When smokers become dependent on nicotine, they will suffer physical withdrawal symptoms when they stop smoking. These symptoms include nervousness, headaches, and trouble sleeping. According to www.wcancer.org, nicotine also affects the chemistry of the brain and central nervous system; it can affect the mood and nature of the smoker.

For those students or staff members who wish to quit, there are many resources and options at their disposal.

The first tool would be the Student Health Services on campus. In addition, the Lung Association has a website called freedomfromsmoking.org, which has a smoking cessation class online if one does not want to attend classes or group meetings in person.

Students can do their part by contacting their local legislators and say they are in favor of all of Maryland having clean indoor air or they can visit the website www.smokefreemd.org.

"About 30% of all high school and college students are smoking, which is very high and in the long run it is going to be very dangerous to our youth and also as a whole to the country because we will have these health related issues not only caused by smoking but also second hand smoking," Phillips explains.

However, if one would like to try a classroom setting, the Wicomico County Health Department provides the community with smoking cessation classes for those who want to help themselves quit.

"People quit everyday so it can be done," says Phillips. "If you don't smoke, don't start. If you smoke, quit."

"You don't know when you're going to become just an occasional smoker or go to being addicted. At some point and time you will become

Having problems with the do-it-yourself method? 5 products to help you QUIT smoking

The Patch - Patches provide a measured dose of nicotine through the skin. As the nicotine doses are lowered by switching patches over a course of weeks, the tobacco user is weaned off nicotine. Patches can be purchased without a prescription.

Nicotine Gum - Nicotine gum is a fast-acting form of replacement that acts through the mucous membrane of the mouth. It can be bought over-the-counter without a prescription. It comes in two mg and four mg strengths.

Lozenges - These are the newest products on the market. The FDA recently approved the first nicotine-containing lozenge as an over-the-counter aid in smoking cessation. Many smokers have reported quick, positive results.

Nasal Sprays - The nasal spray delivers nicotine quickly to the bloodstream as it is absorbed through the nose. It immediately relieves withdrawal symptoms and offers you a sense of control over nicotine cravings. Because it is easy to use, smokers report great satisfaction. However, the FDA cautions that since this product contains nicotine, it can be addictive. It is available only by prescription.

Inhalers - The nicotine inhaler is a plastic tube with a nicotine cartridge inside. When you puff on the inhaler, the cartridge provides a nicotine vapor. Unlike other inhalers, which deliver most of the medication to the lungs, the nicotine inhaler delivers most of the nicotine vapor to the mouth. In terms of similar behavior, nicotine inhalers are the closest thing to smoking a cigarette, which some smokers find helpful. It is available only by prescription.

** All facts taken from the American Cancer Society.*

Effects of smoking on the body:

1. Heart Disease: Smoking increases the risk of heart disease by narrowing the arteries that supply blood to the heart.

2. Lung Cancer: Smoking is the leading cause of lung cancer.

3. Stroke: Smoking increases the risk of stroke by thickening the blood and increasing the chance of blood clots forming.

4. Emphysema: Smoking causes chronic bronchitis and emphysema, which are diseases of the lungs that make it difficult to breathe.

5. Other Diseases: Smoking increases the risk of many other diseases, including stomach ulcers, bladder cancer, and breast cancer.

FEBRUARY 27, 2006 THE FLYER



Mr. Advice

Mr. Advice answers all your questions, even private ones, in complete confidentiality. Send your questions to:

kb04128@students.salisbury.edu

Don't be shy, ask anything!

I am a shy person, even though to many people who know me I seem outgoing. But in reality I am really shy (as in I was in a room filled with people I would be too scared to say anything), especially when it comes to guys (especially ones I am interested in). I was wondering what advice you could give me, to help me to be able to approach a guy and not come off as flimsy, desperate, or stuck up, etc.? Because I feel when I do approach a guy, this is what I come off as. So any advice would be greatly appreciated. Thank You!

*My first question to you is, has anyone ever told you that you seem flimsy, desperate or stuck up? What makes you feel that way? Everyone is shy to a certain degree and that's not a bad thing. Now when it comes to a room full of guys, or particularly the ones you are interested in, I understand it may be a bit tough to start up conversation—but what's wrong with just saying "hi" or getting to know them? Yes, I know "What if this? What if that? What if he thinks I'm weird?" Well if you actually did say something to find out, you'll see it isn't that hard to say "hi" and start up a conversation. Those questions are just barriers to what you really want to do. And in most cases even if you start up a conversation and hit a point to where you don't know what to say next, what is it that you originally wanted? To say "hi," but what should be another thing on your mind is to find out what kind of person he is. Okay so let's talk about the worst-case scenario if you decide to talk to him. Say you did say "hi" and asked him how he was and he either said he doesn't want to talk to you or ignored you. Know that what means? He is not worth your attention and you are better off without him. Within those few words he has shown you, he is NOT the person you would want to be with or would want as a friend. The only thing you lost here was an "a**hole" and I think you can live without that. I believe, however, that this won't happen 90% of the time, and you know that you have nothing to lose. If you're really interested in someone or want to talk to a group of people, talk to them. Who knows, you may find acquaintances or potential dates.*

I REALLY like this guy and would like to get to know him better, but in the past I have been as some would say "burned." I particularly like to refer to it as being "Screwed Over" by guys. And, I am a person that pretty much always has their guard up, but will slowly bring it down, but it seems when I start to bring my guard down is when I end up getting hurt by a guy I really like. I know the guy I like is really nice and not like the others, but still I feel like in the end I will get hurt again. How do I try and look past this and get to know this guy better? Thanks!

You have to accept that those times you were hurt, because it "was". The more you do not accept it, the more you guard yourself against people. Also, realize it is in the past; they are lessons to be learned. I can understand about being hurt and so I know about putting up a guard. However, you shouldn't label every guy you like the same. You may neglect the one who is right for you if you guard too much. What you can do is take time first to get to know him rather than jumping into things right away. I want to give my opinion on this where I believe that becoming friends first is the way to go. My opinion probably can be argued against because of the whole "friend zone" thing where once a friend, always a friend. But from majority experience and shared experiences, you can view a bigger spectrum of that person before jumping in and friends can make great couples. You'll be able to view things you may or may not like and that can change your perspective in a positive way or a negative way. Either way, you'll be confident if he is the one he'd like to pursue. It is, however, possible that there is a chance that he could be a faulty one, but you will never know until you try. By trying, you stand up to reality, because in reality, you just may not know but you do overcome those fears. Another perspective to it is if you're going after the same kind of guy as the ones before when you were hurt, maybe it's time to look for a different type of guy.

It's not close but it's coming—Graduation is right around the corner and I have to admit, I'm just a little nervous about it. I think I have everything situated for graduation but what about afterwards? I've had interns but what's that next step before getting a job? How do I handle my stress and my nervousness?

You're right, it is near. But it's okay. Accept that you'll be a 100% authentic adult once leaving here—for the most part. You can always still be young at heart! That can frighten many but they soon get over it, move on, and continue with the next stage set for them, as you will. You'll hopefully get a job soon with whatever your degree may be, but the things you need to figure out are where will you be living? Do you plan to go straight into your career? Maybe you won't need a middle step in finding your career; maybe you can jump right into it. Especially, since you do have interns under your belt as well as a degree. There is that possibility that you may need to take a middle step. You may want to talk to an advisor or even parents on ideas what to do next if you cannot come up with anything. You should be proud of yourself and take a moment to appreciate the work you've completed in your life so far! You've made it through the hard times and the good times, but don't become fixated on that. Don't think that this is the end of your fun, because there is much more out there. You can handle your stress and nervousness by focusing on what is it that you are nervous about. Of course this is a major event in your life, so it may be natural to be nervous, just make sure you stay on top of things. As far as stress, just make sure you focus on what needs to be done next to further continue your tasks. As I said before, enjoy the time you have left here and certainly enjoy the graduation when it comes because it is an awesome event.

It's not close but it's coming—Graduation is right around the corner and I have to admit, I'm just a little nervous about it. I think I have everything situated for graduation but what about afterwards? I've had interns but what's that next step before getting a job? How do I handle my stress and my nervousness?

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February 27, 2006

SPORTS

Volume 33 Issue 17

Student Athlete Spotlight

Froats continues to benefit SU's women's lacrosse

By Noah Wood
Sports Writer

Senior defensive wing Jessica Froats has been a strong asset to the SU women's lacrosse team in the past three years. Having played lacrosse for about nine years, since the seventh grade, Froats brings a great amount of experience, solid dedication, and a fun sense of humor to the Sea Gulls.

Froats played lacrosse for all four years at Yorktown High School in Yorktown, N.Y., and her commitment to the sport has not seemed to waver since she has played for the Sea Gulls.

How do you feel about your past intercollegiate lacrosse experience over the past few years?

We were the CAC Champion in 2004 and 2005, we made it to the Semi-Finals in the Final Four in 2004 and we played in the Championship game of the Final Four against The College of New Jersey in 2005.

Did you or your high school team earn any special awards or honors?

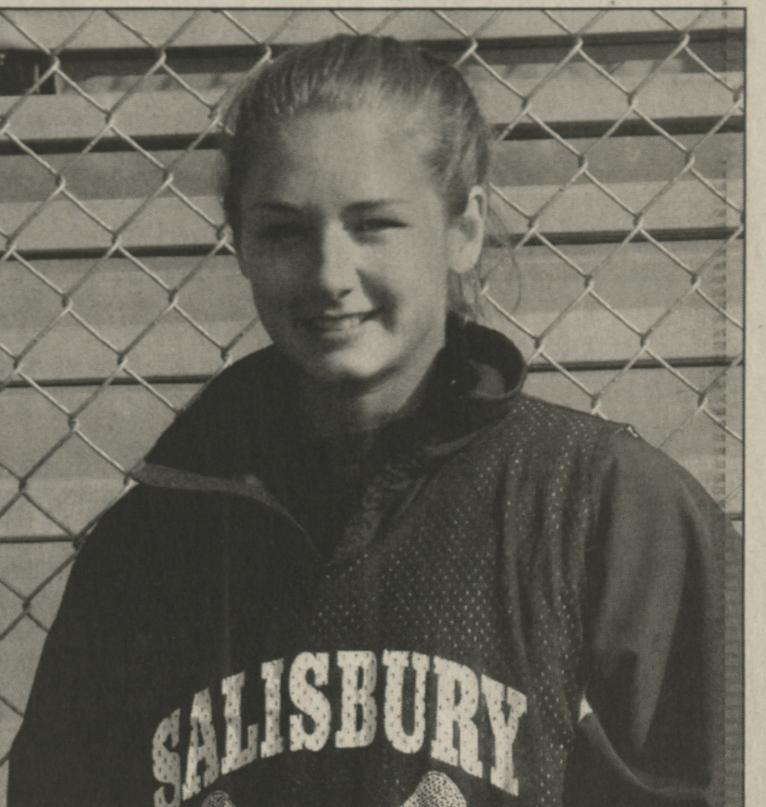
We placed really high in Westchester County, an area of New York where high school lacrosse was very competitive.

How do you like playing lacrosse at SU?

Basically, Salisbury lacrosse has been the biggest part of my life. We have the best team chemistry and dynamics.

What kind of music do you like to listen to?

I recently got into salsa music, but



Ashley Smith/The Flyer

I'm open to music in general. I'll dance to anything.

"I heard you got robbed?" Well, maybe not

By Kevin Froehlich
Sports Editor

From the Editor

After Vince Carter put on the show of a lifetime at the 2000 NBA Slam Dunk competition, my teammate and I watched a tape of that every day before basketball practice for a week. I remember thinking every jam he performed was the sick, most disgusting thing I had ever seen. As a short white boy who had as good a shot at dunking as George W. Bush had at making new friends [Coretta Scott King's funeral], I was in awe.

Enter Andre Iguodala two Saturday ago. If his two dunks that started behind the backboard and finished with reverse slams were not the filthiest ever, then your opinion differs from mine. Granted, when I first saw them my vision was distorted a bit and I could've sworn a blue gorilla was dancing with my friend, but even upon a second viewing they were still über-amazing.

And then he was robbed - Nate-Robbed - worse than Don Cheadle was at last year's Academy Awards. The judges, especially one Kenneth Smith who thinks he is the end-all when it comes to dunking, decided to give the title to Nate Robinson, the 5'9" guard from the New York Knicks.

So he jumped over Spud Webb for his dunk. Remind me to buy a bottle of Dom now. Webb's only 5'7", so it's not like he had to jump that high. Now, if Robinson would've cleared Manute Bol, that would be something.

Those Canadian figure skaters. Okay, America Junior, let's get this straight: it was figure skating, it occurred in Utah and it was executed by a French judge. To me, all three of those things cancel each other out, therefore, in reality, this whole abortion never happened.

BARRY Bonds. The media robbed you of your dignity? They robbed you of your happiness? They hurt you and your family? Please, just shut your mouth. You're no martyr. Martin Luther King, Jr. and Malcolm X, now they were martyrs. All you do is play baseball and be a jerk. If anyone was robbed here it's everyone who loves baseball. We wanted to embrace you. We wanted to root for you. And instead of appreciating quite possibly one of the greatest careers ever, we just want you to not tarnish Hank Aaron's legend. Now there was a man who dedicated everything with class. Like a real man. Not a whiny punk like you. Now that's a true case of theft.

The Seattle Seahawks. Yes, the refs were garbage. Yes, Big Ben did his best to score a touchdown. Catholic, however, was too much to handle on Saturday, as the Gulls fell 79-70. Williams led the team with 25 points while Odumere chipped in with 20.

BASKETBALL

Behind strong pitching and superb hitting, the baseball team continued their winning ways this week, taking down Christopher Newport 3-2 on Tuesday and then Eastern 8-1 on Friday.

Alex Vitale led the Sea Gull attack in Tuesday's comeback win at Newport News, Virginia, going 2-for-4 with a RBI. Greg Lemon and Andrew Baird also added RBIs while leadoff man Colin Kraus roped two doubles. Brian Brainer (1-0) picked up the win in relief, throwing three strong innings, allowing just two hits and striking out four. Dan Oleynik recorded his first save of the season, finishing the last two innings.

The victory game was a little easier.

By Kevin Froehlich
Sports Editor

BASKETBALL

Both the men's and women's basketball seasons ended this week, with the women bowing out in the first round of the CAC tournament while the men made a remarkable run all the way to the title game.

Segun Odumere scored 18 points and Ray Williams added 15 more as the Gulls dumped Gallaudet in Washington, D.C., on Tuesday, 56-55. That same day, however, saw the fate of the women, who fell to York 69-60 even behind Meghan Phillips' 26 points. Jessica Mills had 11 points and Meghan Klug added 10 points and nine rebounds in the loss.

Odumere once again led the scoring wave on Thursday with 23 points as SU upset No. 1 York, 66-64. The win not only advanced the Gulls to the title game but also broke the Spartan's 31-game home winning streak. Williams added 16

points at home on Friday, as the Sea Gulls (7-0) erased a 1-0 deficit with a six-run third inning. Pete Calahan and Vitale each had 2 RBIs, while Nick Pegelow, Brian Theibault and Kraus all added one apiece. Eric Bush (2-0) picked up the win, throwing three innings, striking out two.

LACROSSE

Another day, another win for the No. 1 men's lacrosse team, as they easily dismantled Catholic in Washington, D.C., on Friday, 19-5.

Dan Boyer paced the Gulls (3-0) with six goals while Eric Bishop added four scores. Matt Dasinger notched three goals. Ryan Rhode had two, and Mike Hurley, Jimmy Creighton, Chris Sgritta and Matt Berry all added one. Max Zarchin had four saves in goal.

TRACK AND FIELD

The Sea Gull track squad had an impressive showing at the Mason

Dixon Conference Championships two Sundays ago, breaking four school records and one conference record. The men finished second at the event while the women placed third.

On the men's side, the distance medley team of Will Murdoch, Colton Vander Vile, Roland Lane and Eric Graves broke not only a school record but also a conference record with a time of 10:36.09.

For the women, K.C. Gale finished first in the weight throw while setting a school record by finishing third in the shot put with a toss of 36'7". The distance medley team of Casey McInerney, Jessica Carey, Jenn Bulger and Kelly Sullivan also created a new school record with a time of 13:05.91.

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SOAP BOX

<http://orgs.salisbury.edu/soap>

3/3-5 Weekend Movie JARHEAD

Sea Gulls fly by Dolphins in doubleheader



Sarah Wright/The Flyer

Brian Theibault takes a swing at the ball during the game on Saturday.

By Dustin Holt
Staff Writer

The Salisbury baseball team continued to roll as they swept a doubleheader Saturday afternoon against the College of Staten Island by scores of 14-1 and 12-1. The victories push Salisbury's record to 7-0 on the young season.

In Salisbury's 14-1 victory in game one, Matt Foster was a triple short of the cycle with three hits, including a two-run home run (1) in the seventh inning. Sophomore pitcher Ryan Bennick pitched five scoreless innings, giving up only two hits while picking up his first win of the season.

The Sea Gulls scored three times in the bottom of the first with a sacrifice fly from senior second baseman Greg Lemon and a two-run single by junior outfielder Brian Theibault. Foster started a three-run fourth inning with a lead off single. After a hit batsman and a walk, Lemon singled to center, scoring Foster.

Sophomore shortstop Brian Camper then scored on a wild pitch as senior first baseman Nick Pegelow capped the scoring in the fourth with a sacrifice fly, bringing home junior outfielder Andrew Jensen.

Salisbury went on another scoring spree in the sixth inning, this time for eight runs. Junior outfielder Colin Kraus led off with his third walk of the game then stole his second base of the day. After Jensen was hit by a pitch, Lemon doubled down the right field line scoring Kraus. Two batters later, junior third baseman Alex Vitale cleared the bases with a double over the center fielder's head.

Theibault then crushed a fastball into the left field trees for the Sea Gulls first home run of the year. Theibault finished the day with two hits and four RBIs. The scoring ended with Fosters first home run of the year.

Junior Matt Peterson and senior Jason Lively also saw action on the

mound, combining to give up two hits and one run the rest of the way.

Game two starter Drew Campbell pitched five innings, giving up only one run on five hits; while striking out five for his first win of the season.

Lemon started the scoring with a RBI triple in the bottom of the first bringing home Jenson. Pegelow followed by blasting his first home run of the season, giving the Sea Gulls a 3-0 first inning lead. Lemon and Pegelow each finished the game with three RBIs.

Salisbury sealed the victory with a seven-run fifth. Lemon, Pegelow and Vitale all contributed with run scoring hits in the inning. Sophomore Mark Bostwick added a RBI single and Kraus finished his day with a run scoring triple.

Tom Howell and Eric Willey came on in relief to each pitch a scoreless inning.

Women's lacrosse cruises in season opener

By Aaron Boker
Staff Writer

Salisbury women's lacrosse started the 2006 season on the right foot in their season opener Wednesday with a 20-4 win over Catholic, led by senior midfielder Erin McCarthy's six goals.

The success against the Cardinals marks the start of the "Year of Revenge" for the Sea Gulls, their quest to return to the NCAA championship game to avenge last season's 9-7 loss to The College of New Jersey.

"It's a good and nice feeling. We had a lot of contributors coming off the bench so everyone got a little bit of time," head coach Jim Nestor said.

Salisbury started attacking Catholic less than two minutes into the game. McCarthy scored the first goal when she forced the ball out from a Catholic defender and had a breakaway to the net. Almost 30 seconds later, McCarthy scored again.

racing down the field and moving around defenders toward the goal.

"We never like to take a team lightly. So when I got to score the first and second goal, I wanted to start the game off right," said McCarthy.

Salisbury took the lead up to 4-0 with 22:10 left before halftime. Catholic began fighting back, however, getting two goals back to cut it to 4-2. On the face-off following Catholic's second goal, McCarthy struck again, taking the face-off and sprinting downfield to score on the Cardinals' goal.

McCarthy's third goal marked the start of an offensive spurt for the Sea Gulls. Salisbury scored four more goals before heading into half-time with a 9-2 lead.

Despite the advantage, the Sea Gulls continued to attack the Catholic defense. Salisbury totaled nine unanswered goals coming out of half and ended up with a 14-0 run going back to McCarthy's third

goal.

"We tell them at half it's a 0-0 game; we don't want to see a drop," said Nestor.

Salisbury and Catholic each tallied two more goals to wrap up the game. Along with McCarthy's with six goals, senior attack Amanda Tack contributed four scores to combine with McCarthy for 50 percent of Salisbury's scoring.

Contributing three goals apiece were senior attacks Liz Funk and Kate Scott. Scott's biggest contribution, however, were her four assists.

"I just tried to give my teammates the best feeds so they can get the best shots off," said Scott.

Salisbury got a lot of help by winning the battle for ground balls, 27-15. Shooting percentage was also a benefit, as they scored on 60.6 percent (20 for 33) of their shots.



Ashley Smith/The Flyer

Erin McCarthy prepares to face off during SU's game against Catholic on Wednesday.

Men's lacrosse makes it 51 straight wins



Chris Baum/The Flyer

Brett Yoder blows through defending players during SU's blowout victory against Marymount on Tuesday.

By Shawn Nisson
Staff Writer

The No. 1-ranked Salisbury men's lacrosse team increased their winning streak to 51 as they destroyed Catholic 29-0 on Tuesday.

The 29 goals ties their highest scoring game during the streak, while the margin of defeat is now the largest.

By the end of the third quarter the score was 28-0. The Gulls spent

almost the entire last eight minutes of the game throwing the ball around the Saints goal box to run down the clock.

Salisbury out shot Marymount 58-7, and that was without taking any shots in the fourth quarter. Ryan Brown, Kylor Berkman and Ryan DeRose combined to win 27 of 33 face-offs. Three Gulls tallied seven points or more: Mike Hurley had five goals and two assists, Dan Boyer had six goals and two assists, and Ryan Rohde had six goals and three assists.

Eight Gulls had three points or more, including Eric Bishop with two goals and an assist, Berkman with three assists, Jimmy Creighton with two goals and an assist, and Brett Yoder with two goals and two assists. Matt Dasinger scored three times and added an assist also.

It was a complete team effort with every Sea Gull getting into the game. The Gulls defense shined, allowing only seven shots, none of which came in the second half. Salisbury's next home game comes March 11 at 1 p.m. against Ohio Wesleyan University.

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CLOSE TO CAMPUS!!

Salisbury Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	- Baseball vs. TCNJ at 2:30 p.m.			- Baseball vs. Washington College at 2:30 p.m.		
				- Women's Tennis vs. Piedmont at 3 p.m. - Shawnee Overnight Ski Trip at 12 p.m. - Casanova at 7 p.m. in Caruthers	- Men's Tennis vs. Shenandoah at 10 a.m. - Women's Tennis vs. Methodist at 10 a.m. and vs. Shenandoah at 3 p.m. - Casanova at 7 & 10 p.m. in Caruthers	- Women's Tennis vs. Meredith at 12 p.m. - Casanova at 7 & 10 p.m. in Caruthers
						Baseball Tri-State Tournament